



# Physical Fitness & Adult Sports



## YOGA

Yoga is a lifestyle incorporating natural exercise, proper breathing, relaxation, meditation, and positive thinking that can dramatically increase the joys of your life. Wear comfortable, loose-fitting clothes and bring a yoga mat to sit on.

### PM

Day: Mondays  
Date: Session I: August 13 - October 15  
Session II: October 22 - December 17  
Time: 6:15 p.m. - 7:15 p.m.  
Fee: \$70 per person  
Age: 18 & older  
Location: Activities House



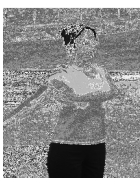
### AM

Day: Wednesdays  
Date: Session I: August 15 - October 17  
Session II: October 24 - December 19  
Time: 8:45 a.m. - 9:45 a.m.  
Fee: \$70 per person  
Age: 18 & older  
Location: Activities House



**\* No class September 24, 26, October 1, 3 & November 19, 21.**

## PILATE'S

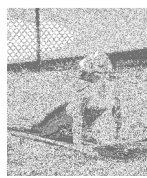


This type of exercise is designed to build and strengthen the body's core stability. The powerhouse includes the spine, abdomen, back muscle, gluteus, inner/outer thighs, quads, and hamstrings.

Day: Thursdays  
Date: Session I: August 16 - October 18  
Session II: October 25 - December 20  
Time: 5:30 p.m. - 6:30 p.m.  
Fee: \$70 per person  
Age: 18 & older  
Location: Activities House

**\* No class September 27, October 4, November 22.**

## ASHTANGA YOGA AM



A total body workout that builds strength, stamina, and flexibility. Yoga brings your body into better alignment thus restoring balances to your body both internally and externally.

Day: Fridays  
Date: Session I: August 17 - October 19  
Session II: October 26 - December 21  
Time: 8:30 a.m. - 10:00 a.m.  
Fee: \$70 per person  
Age: 18 & older  
Location: Activities House



**\* No class September 28, October 5, November 23.**



**Kickball is not just for kids anymore!**

Remember the good old days when you played kickball with friends, classmates or neighbors. Here's your opportunity to relive those days by gathering some friends, neighbors, church members, or coworkers for a good old fashion kickball tournament. Space is limited to six teams per division, so early registration is encouraged.

Day: Saturday  
Date: September 8  
Time: 9:00 a.m.  
Fee: \$100 per team  
Age: 14 - 18 years old  
19 & older  
Location: McCurry Park



**NEW!**

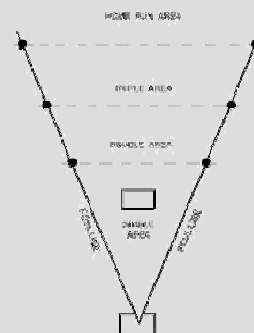
**\* Registration deadline is August 31.**

## WIFFLEBALL TOURNAMENT

Just as the Major League plays the World Series of Baseball, we will break out the wiffle balls and bats for our very own **Major League Wiffleball Tournament**. Space is limited, so early registration is encouraged.

Day: Saturday  
Date: October 27  
Time: 9:00 a.m.  
Fee: \$60 per team  
Age: 14 - 18 years old  
19 & older  
Location: Kiwanis Park

**NEW!**



**\* Registration deadline is October 19.**

**GOT WIFFLE?**